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Students eavesdropping with the pastor

Annie Lohrstorfer
CAMPUS CO-EDITOR

In what is now being called the “Weinstein era,” issues of sexuality and gender are often discussed on social media platforms throughout the #MeToo movement, a hashtag campaign which brings light to sexual assault experiences. Hope College’s Campus Ministries and the Center for Diversity and Inclusion sponsored “Eavesdropping with the Pastor” this past Tuesday.

The event gave students the opportunity to ponder the question: “What does God say about how men and women should treat each other, and how does that inform how we, as Christians, interact with the headlines about sexual assault?” with local pastors.

The pastors present at the event were Father Tom Eggleston (St Francis), Denise Kingdom Grier (Maple Ave), Jenna Brandsen (Pillar Church), Daniel Branch (Moran Park), Kent Fry (3rd Reformed) and Winna Bosman (Engedi). Together, they took the time



LOCAL PASTORS REACH OUT TO STUDENTS— One of the many pastors included Pillar’s Jenna Brandsen (far left). Students come together to discuss the #MeToo campaign and participate in a discussion that integrated current events with a faith-based perspective.

to reflect on student questions and give insight of their own into the movement. The goal of the discussion was to bring up cultural issues in society as well as to empower others through empathy.

In regards to how women and men should treat one another, it

was advised that one must look for the equality of a person, not only in earthly terms but also in a way that represents the view that God has for his children, which is one of equal love and respect. The pastors spoke on seeing others in all of their humanity, not just as “a means

to an end.”

Although it is easy to look at the worst cases in society that are widely publicized, the small cases cannot be ignored and the vulnerable must be protected. The #MeToo campaign has created a voice and a “we” for those who are searching for

representation and support. In this way, the campaign is empowering. The church should not shy away from these hard conversations and should instead lean into them, helping to empower others.

Senior Kristen Godwin attended the event and remarked, saying, “It seemed that all the pastors thought the church could do more to support the #MeToo campaign. The thing that stuck out to me the most was the call to work towards ‘shalom.’ Pastor Denise Kingdom Grier pointed out that shalom does not leave room for interpersonal violence; therefore, these acts must be on a Christian’s radar.”

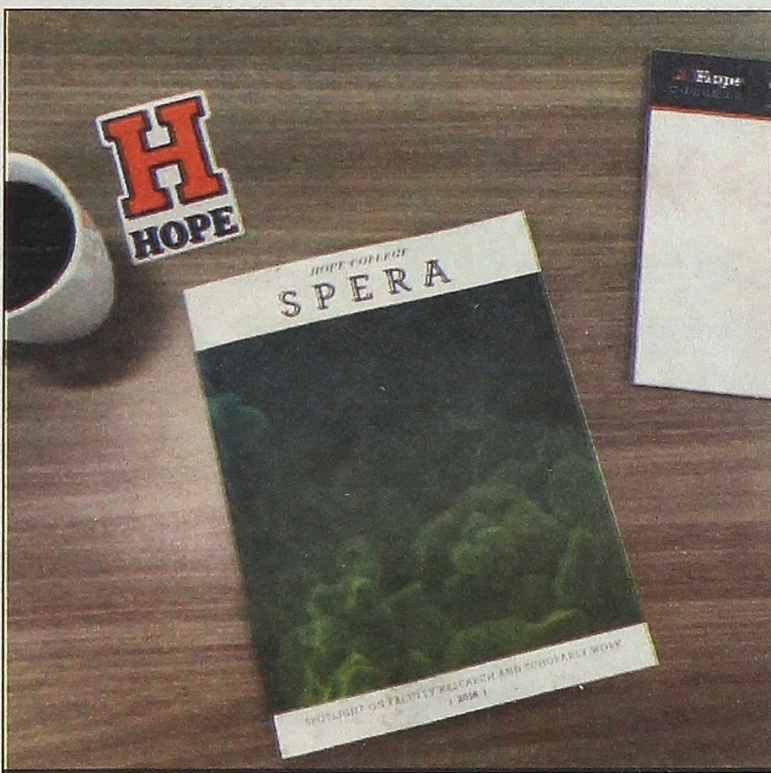
This event prompted students to think deeply about current events with a Christian perspective. The local pastors encouraged Hope College students to continue these difficult conversations, seeking empathy and working towards fostering an equal, safe and inclusive environment for all on and off Hope’s campus.

Celebration for research and spera journal

Annie Lohrstorfer
CAMPUS CO-EDITOR

Anyone who walks the halls of Hope College’s academic buildings and takes the time to glance at the data-filled posters knows the important role research plays in the academic experience. Research topics ranging from the quality of water in Lake Macatawa to the factors that play a role in body image dissatisfaction can be found posted around campus. Students have the invaluable opportunity to get involved with faculty-led research in practically all disciplines of study.

To celebrate the diversity of exciting research that is constantly underway within our labs and offices, Hope recently published the inaugural edition of “Spera,” a publication featuring Hope faculty research. This publication is open to anyone interested in what our faculty are up to behind the scenes. You can access the online version of the publication at hope.edu. You can also find information on the many books that faculty published at the



INAUGURAL EDITION OF SPERA RELEASED — Students, faculty and community members are encouraged to learn more about Hope research through “Spera” and the Undergraduate Celebration of Research.

online Spera website.

Dr. Mary Inman, a social psychologist here at Hope, offered her wisdom on the

invaluable experience of participating in research, saying, “Students who engage in ongoing research with a professor learn

many skills. College graduates say that engaging in research over a long time is one of the most meaningful experiences they have in college. Students learn to commit to a long-term project where no one knows how the data will turn out. Hope professors want to help students discern (identify) their strengths, prepare for work by developing job-related skills, and pursue their dreams. One of the best ways to know what stirs your passion is to get hands-on experience. Students publish papers with professors and present their research at regional, national and international conferences.”

In addition to gaining experience with presentation and defense of ideas, many students choose to become involved in a research lab to further develop the skills they learn in class and supplement them with hands-on learning.

Anne Sangliana (’19) is a biochemistry and molecular biology major who participates in biology research with Dr. Tom Bultman and biochemistry

research with Dr. Maria Hledin. Reflecting on her experience, she said: “Doing research has helped me become aware of all of the amazing things people are looking into. It also has made me aware that while we have discovered so much, there is so much more to be learned.”

To explore and learn more about the exciting research underway, Hope students and community members are encouraged to attend the Hope Celebration of Undergraduate Research and Creative Performance on Friday, April 13 from 2:30-5:00p.m. in the Richard and Helen DeVos Fieldhouse. This is a culminating event for many students to showcase their work to students, faculty, family and community members.

If you are a Hope’s student interested in becoming involved with a research topic or lab, ask your professors! There are endless opportunities to display your love of learning and research and help prepare yourself for future graduate programs and careers.

VOICES Hardly Workin’?

Voice’s Editor on how to be as unprepared as possible for school.

Page 4

ARTS Dance 5, 6, 7, 8...no, 44

Hope College’s Department of Dance presents “Gallery of Artists.”

Page 6

SPORTS Dutch make all their swishes come true

Men’s Basketball Team takes shot at NCAA Tournament. Check out the highlights of the game.

Page 8

THIS WEEK AT HOPE

Thursday
Pasta Dinner

Dance Marathon Catering Committee hosts pasta dinner for the kids. For \$5, you can get pasta, garlic bread, drinks, cookies and brownies. Come and enjoy a delicious meal from 4:30 to 7:30 p.m. in the Maas Conference room.

Friday**Dance Marathon**

For the 19th consecutive year, hundreds of Hope College students are putting their time and talents into the campus-wide Dance Marathon fundraiser. Organized by students, the 24-hour event is conducted on behalf of Helen DeVos Children's Hospital in downtown Grand Rapids, both to raise funds and to build awareness of the hospital's work. It will be held at the college's Dow Center, with the main portion of the marathon beginning with a kickoff celebration at 7 p.m. The total raised will be announced during a celebration that will begin at 4 p.m. on Sat. as the Dance Marathon's 5 p.m. conclusion approaches. Come and meet the miracle families and support fellow students participating.

Saturday**Nerf War**

Do you like shooting things with styrofoam bullets? If not, then perhaps you would prefer smacking people with styrofoam swords. If so, then the Student Activities Committee has an event for you. Come to Van Raalte Commons from 12 to 2 p.m. to have some Nerf war fun.

IN BRIEF

**THE GEORGE BIRKHOFF
ENGLISH PRIZE**

The Birkhoff Prize has been given annually since 1888, named for a benefactor of the college, and honors the best paper on a literary topic. Preferences will be given to papers of literary criticism that include a research component. The prize will be awarded at the department award ceremony, Tues., April 17. Submissions are due Fri., March 16, at 4 p.m. Please submit one clean copy of the paper without instructor's comment or marks to Raquel Niles in Lubbers Hall 338 or Niles@hope.edu.

CESAR CHAVEZ

This is time for unity in the community; walking arm in arm commemorating Cesar's vision to engage all, particularly youth, to carry on his values and timeless vision for a better world. Students are invited to join Hope's Center for Diversity and Inclusion as they march on Grand Rapids to honor the legacy of Cesar E. Chavez and advocate for those affected by the DACA Decision. The march itself will begin at 11:00 a.m. at Cook Library Center and will be immediately followed by a community gathering at The Potter's House Chapel. Transportation will be provided. If you are interested and would like to receive more information, email diversity@hope.edu.

Alayna Parsons-Valles
CAMPUS CO-EDITOR

Hope College's English Department invites students interested in writing to attend the Festival of Faith and Writing in April. The Festival is a three-day celebration of literature and belief in Grand Rapids.

The Festival of Faith & Writing is a biennial celebration of literature and belief, both broadly construed. Drawing more than 2,000 people from around the world, the festival offers opportunities for lively lectures, readings, conversations, films, workshops, concerts, plays and more, all fueled by coffee and good food. It's a feast for readers, including those who write.

Rooted in the Christian Reformed belief in common grace, the Festival of Faith & Writing creates space for meaningful discussion and shared discovery amongst people with different religious beliefs and practices.

Since the festival's first gathering in 1990, the event has been privileged to host hundreds of writers, including Maya Angelou, John Updike, Elie Wiesel, Marilynne Robinson, Zadie Smith, Miroslav Volf, Salman Rushdie and



CALVIN COLLEGE

A CELEBRATION OF LEARNING AND COMMUNITY — George Saunders, Festival speaker of 2016, shared "Literature is a form of fondness-for-life. It is love for life taking verbal form."

Chimamanda Ngozi Adichie. The event has had a total of 13,000 attendees and speakers over its lifetime.

Over the last 28 years, the festival has grown from an event into a community. The connections made during each festival over coffee, during small affinity groups called Festival Circles, at booths in the Exhibit

Hall and in lecture halls play out year-round in book clubs and publishing houses, writing desks and reading chairs. Festivalgoers stay connected to each other and the writers they've met at the festival via the bimonthly newsletter, Bookkeeping. Everyone can listen to past presentations via the podcast Rewrite Radio. This year's program offers an array of speakers, panelists and workshop leaders, including opening keynote speaker Kwame Alexander. To hear more upcoming events, tune in to Rewrite Radio.

The festival originally grew out of Calvin College's English department. The department sought to increase student conversation and interaction with both literature and faith. The festival explores literature's overlap and intersection with faith, creating discussions that can come comfortably for some but uneasily for others. Calvin extends a hand to Hope to explore a dialogue together along with many others from around the globe, reaching out to a number of diverse communities.

The festival is centered on learning and seeks to help students explore and hone their skills in writing. There are workshops for students to practice their craft and learn about the world of publishing. Students get to work with experienced and successful individuals.

The Festival of Faith and Writing offers a celebration of community. It is foremost a party for book lovers, with more than 150 different sessions. Festivalgoers have multiple options during almost every hour of the day. They can come together to talk about their favorite books, read poems, drink coffee and write their own essays. Students are able to submit their own manuscripts and have a chance to be

reviewed by names in publishing along with the festival's planned programs.

The Festival has also planned delicious boxed meals. These meals include a sandwich selection of a lemon fresh quinoa wrap with a lemon vinaigrette tempeh, kale, quinoa, red grapes and roasted red peppers. Salad selections include a cherry chicken salad with spring mix and romaine greens, marinated asparagus, edamame, cucumbers, beets and apples. The festival offers a number of quiet and relaxing spots around their venues for lunch breaks and perfect meeting spots as new introductions are made. The benefits of attending the festival stretch from learning to taking time to get lost in literature and new people.

The English department is seeking funding from the provost's office, but to qualify for free registration, students are asked to attend at least one full day of the festival. With so many things to do and treats to eat, a day at the festival would be a superb chance to explore your love for literature while showcasing your talents.

The event will take place April 12-14. Students are asked to email childress@hope.edu with decisions or questions by March 15.

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Updates from the war in Syria, fighting continues

Sophia Vander Kooy
NATION/WORLD EDITOR



JOHN STANMEYER

REFUGEE CRISIS — Over five million Syrian people have fled their nation, seeking refuge in neighboring countries. Above, Ethnic Kurdish refugees gather at Turkish border.

Syria, a country of 18.43 million, has now lived almost half a century under the rule of a dynasty of authoritative dictatorship and has, been fighting a civil war since 2011 that has seen over 500,000 casualties and nearly 400,000 of its own people living in siege. As the Syrian people continue to struggle, there is an impending need to establish the history and progress of the war.

Recently, the lines of the Syrian War have gotten more complicated as Turkey's role has shifted and Eastern Ghouta, an area near Damascus, has been continuously targeted for relentless bombings and food shutouts, as it is the last rebel stronghold in the region. Turkey has changed its efforts to fighting Kurdish forces rather than Assad, because they view some Kurdish groups as terrorist groups. The Kurdistan Workers' Party (PKK) is a U.S. and Turkish-designated terrorist group with similar links to the People's Protection Units (YPG) which fight on the ground in Syria. The U.S. supports the YPG because it aided efforts to fight ISIS, but Turkey sees them as terrorists equal to the PKK, which has created significant tension between the U.S. and Turkey. However, the muddled roles of these for-

eign backers can better be understood if the war is looked at from a more historical perspective.

The war is now roughly divided into four sides: Assad and his supporters, the Islamic State (ISIS), the Kurds and the rebels, which are each backed by different and at times, blurry, foreign supporters. However, the first shots of the war were fired in March of 2011 by Syrian dictator Bashar Al-Assad in reaction to peaceful Arab Spring Protests. Soon after, the protestors began firing back and combined to form what is now considered the "rebel" group.

These rebels obtained a jihadist lens as extremists from the region joined them, making it more challenging for foreign backers to blindly support them. By 2013, other regional nations made alliances within the war, which has been divided between

generally Sunni nations, such as Saudi Arabia, Turkey and Jordan, and supporting the rebels and generally Shia powers, such as Iran and independent Lebanese groups, supporting Assad. In 2014, ISIS removed itself from their combined efforts with the rebels due to internal disagreements and formed their own entity.

In August of 2013, Assad used chemical weapons on Syrian people. His first attack killed nearly 1,500 civilians including 400 children in suburbs of Damascus. In reaction, President Barack Obama deferred his right to order a targeted military strike to Congress, a decision that has been widely contested in U.S. politics. In efforts with Russia, who supports Assad, and the Organisation for the Prohibition of Chemical Weapons (OPCW), the U.S. reached an agreement to disarm Syria of all

chemical weapons. Most of U.S. debate on the matter stems from a comment made by President Obama threatening Assad with a targeted military strike. Prior to the abuse, President Obama said that the "red line" would be crossed if the Assad regime was to take their abuse directly to civilians through the use of chemical weapons.

In a press conference in Stockholm on August 20, 2012, he was quoted by The Washington Post, saying that the red line would be crossed when the administration would "start seeing a whole bunch of chemical weapons moving around or being utilized." He went on to say: "That would change my equation." Many critics of Obama do not believe he delivered on this process and damaged U.S. credibility by backing down from a direct military strike.

However, in 2016, the election of President Donald Trump, who vowed to the state of Syria, shifted the understanding of the war. His vow changed when in spring of 2017, Assad used chemical weapons on Syrian people, killing 85 people including 20 children. In just a few days, the U.S. launched 20 tomahawk missiles that struck an airbase in Syria targeted at Assad. As the war progresses and the lines of alliance continue to overlap and muddle, the light at the end of tunnel for the Syrian people is still yet to be seen.

HAPPENINGS ON

THE HILL



Sam Mason

GUEST WRITER

A leaked infrastructure proposition from the Trump Administration has sparked dialogue surrounding what his official bill will resemble. Thus far, his plan seems to be a step in the right direction.

In the past, infrastructure spending has allowed states unfettered access to federal grants. Moreover, the carte blanche that states have experienced has been absolutely destructive to their ability to maintain the infrastructure that has previously been built. For example, under President Obama, an \$831 billion spending bill was passed. This legislation, Fixing America's Surface Transportation (FAST) Act, intended to improve transportation infrastructure which included roads, bridges, transit systems and rail networks. However, this particular bill was detrimental to cities nationwide. Unfortunately Obama's legislation was dependent upon the influx of investments, as a result of the new infrastructure, to cover the spending damage.

Under Trump, the leaked infrastructure program seems to be headed toward sustainable infrastructure. Trump's proposed plan avers, "grant awards can't exceed 20 percent of total project cost. Any individual state can't receive more than 10 percent of the amount available." Under this premise, states would be forced to act prudently and frugally.

This would mean that states would have to put up 80 percent of the funding for any project. Rather than investing a small amount of money into unsustainable projects, states would focus upon smaller and smarter maintenance projects.

However, the plan does possess some flaws. In particular, this proposition would appropriate 10 percent of the funding into what's called the Transformative Projects Program.

Unfortunately, this proposition would require a private company to put up 20 percent funding in order for the federal government to contribute the matching 80 percent.

Despite some of the flaws, this project seems to have proper intentions. However, until the official program is released, marked up and voted on, there's no telling whether it will look the same as this leak.

Rethinking development in the modern world

Sophia Vander Kooy
NATION/WORLD EDITOR

Divisions can often make up the true barriers of the modern world. With classifications that separate countries from one another, the network of interconnectedness and similarities between nations can be hard to see. However, as these division shift and change with progress and regress, their definitions often do not account for the holistic well-being of the modern person.

According to Merriam-Webster, the classification of "developed" is defined by "having a relatively high level of industrialization and standard of living." Economic development is often seen as a nation's effort to improve the economic, social and political well-being of its people. After being somewhere in the realm between "developed" or "developing," a nation is often placed into a world category: first, second, third, fourth or fifth world country. It is perceived on a global perspective from that label alone.

However, as a broader understanding of development emerges, many countries are surprising the world with their rankings in social progress. A unique case study of development lies in the small, landlocked, East African



GILY SPARKS

RWANDAN PARLIAMENT — Rwanda has implemented the quota system in their parliament, requiring 30 percent of seats to be reserved for women. Currently, 61.3 percent of the seats in the Rwandan parliament are held by women, a few are pictured above.

country of Rwanda. Although Rwanda has seen some tough times since the massive genocide two decades ago, it has managed to surpass many more "developed" countries in issues of women's rights.

According to the World Economic Forum's 2016 Global Gender Gap Index, Rwanda ranks 5th in world, ahead of the U.S. and the U.K., on the Global Gender Gap Report. This does not mean that women in Rwanda have it better off than women in the U.S. or U.K. However, the report explains that Rwanda has done more to close the gender gap than the U.S. and U.K. At 86% Rwanda has one of the highest female labour force participation rates in the world. Rwandese women also make 88 cents

USD to every USD a man makes.

To put these statistics into perspective, the 2016 Global Gender Gap Index reported that in the U.S., the female labour force participation rate is 56 percent and U.S. women, on average, make 74 cents USD for every dollar a man makes. The development experts at the World Economic Forum have found a few reasons that explain Rwanda's success in this area.

After the genocide, women made up roughly between 60 to 70 percent of the nation's population and therefore had to fill empty positions that were previously held by men. A similar trend occurred in the U.S. during

World War II. However, unlike the U.S., Rwanda has managed to keep their labor rate sustainable. The forum attributes this to Rwanda's "pro-women" laws that include a government mandated three-month paid maternity leave and the fact that Rwanda has the highest rate of female political parliamentarian.

In a recent interview, Stella Ken Teta ('20), a student from Rwanda majoring in political science and international studies, expressed her thoughts on development in her home country.

She explained that Rwandese women holding a leading professional position are "very much respected and encouraged to keep doing her best." She went on to explain that in her studies in the U.S., she has noticed that men often try to take credit for women or take over their positions.

Teta credits the gender equality progress to Rwanda's acting president, Paul Kagame. She believes that he has played a pivotal role in gender equality through his support and elevation of equal opportunity for women to utilize their voices and talents to better their professions and the country holistically. Teta ended by saying that Rwandans "have a duty to build the country together and not in segregation."

How to remain unproductive mid-semester

Jack Wolff

Voices editor

As we reach the midpoint of the second semester, some of you may be wondering, "Jeez, how did I get so productive and successful this year? I want to get back to that blissful ignorance after Jack taught me how to not prepare last semester." Well, if you have somehow, despite not preparing, come to find a successful rhythm, I am back to give you advice on exactly how to get the least out of your last two months of this school year as possible. Here are my tips:

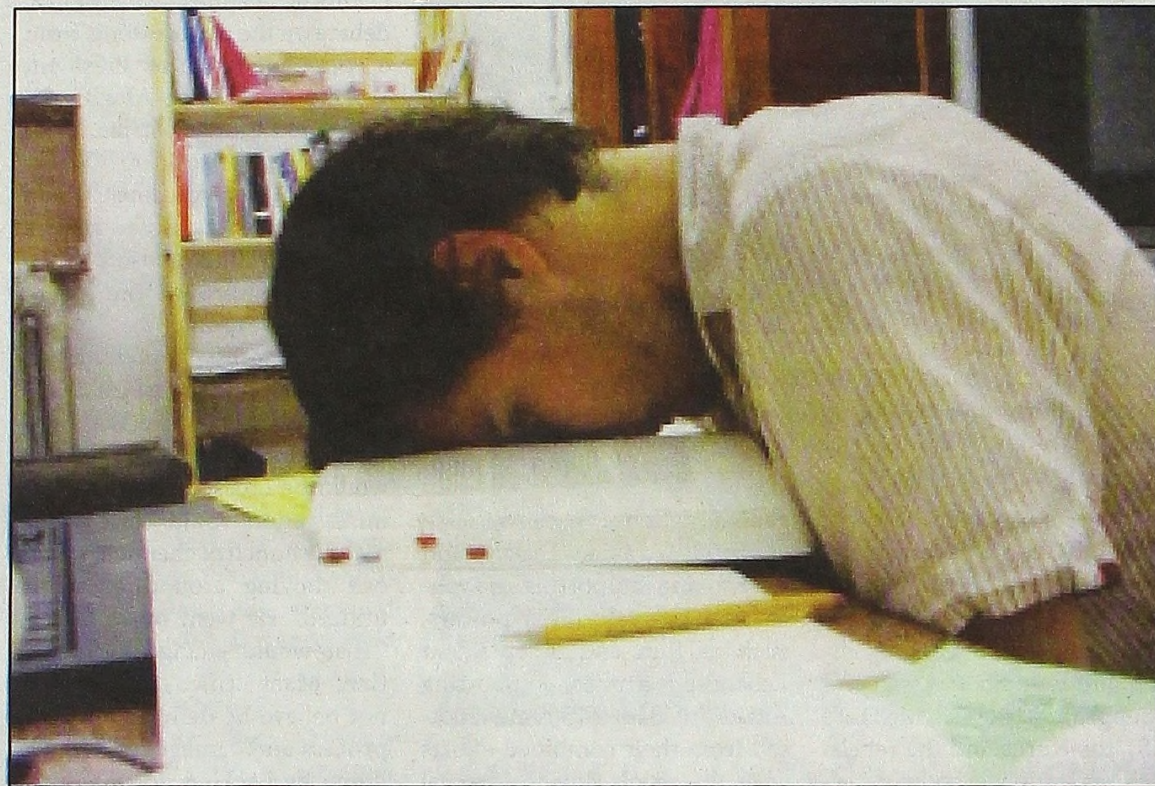
Living Space:

At this point you've gotten into a decent cleaning routine, right? This is the easiest change you can make to achieve success.

1. Make sure you immediately stop doing laundry. You can just wait until you go home, right? I'm sure your mom would love to do it, and smelling bad builds character.

2. Stop cleaning. Your roommate finally got you to start cleaning? Odds are high they're trying to bring you down so they can succeed. This is your room and it should be as dirty as it can possibly be. Make sure that come check out time, your R.A. changes their opinion of you as soon as you open the door.

3. Remember that your living space is also a glorified trash can. Using your space like a trash can will not only



Oxford Royale Academy

PROBABLY YOU — This guy seems to be overwhelmed by school and life- don't fall into the same trap.

maximise how uncomfortable you are in your own living space, but it will also minimise any productivity that would stem from an organized room.

Scheduling:

Scheduling can make or break your semester in so many different ways. Because of that it is deeply important to make sure your schedule is as convoluted and incredibly stressful as possible. Here are some tips to minimize effectiveness:

1. Make sure to never use a planner or organize in any way. At the very most, set a series of unmarked alarms for events that you just hope you can remember.

2. Always overlap as many events as possible to not only anger everyone you're in-

involved with, but stress yourself out in the process. Have a group project? Make sure it coincides perfectly with babysitting. Have a get together with friends on Sunday? Whoops, we have work, bingo night, a paid massage and, because it's Sunday (as we'll learn later), an incredible amount of homework to not do.

Class:

Class is still the most important part of going to college. At this point, you've learned more from classes than you ever expected. In fact, the more classes you take, the more prepared you feel to take on the real world and make your mark upon it. It's the worst. Either way, for some reason you've been on top of your work, engaged,

on-time and consistent in all your classes, so here are some tips to turn that mess into success.

1. You've done enough work by now- why do any more? It's been a whole half semester, you can 100% get a B if you check out right now. Make sure to start missing class as much as possible; your success depends on it.

2. If you feel you must go, 100% try to figure out how you can be on your computer the whole time. Studies show that the less you pay attention during classes, the better you'll do in life.

3. Again, there is literally nothing less important than class for success, so take these tips as you will. If you do want to succeed, remember that if you can, make class

the smallest priority in your college career.

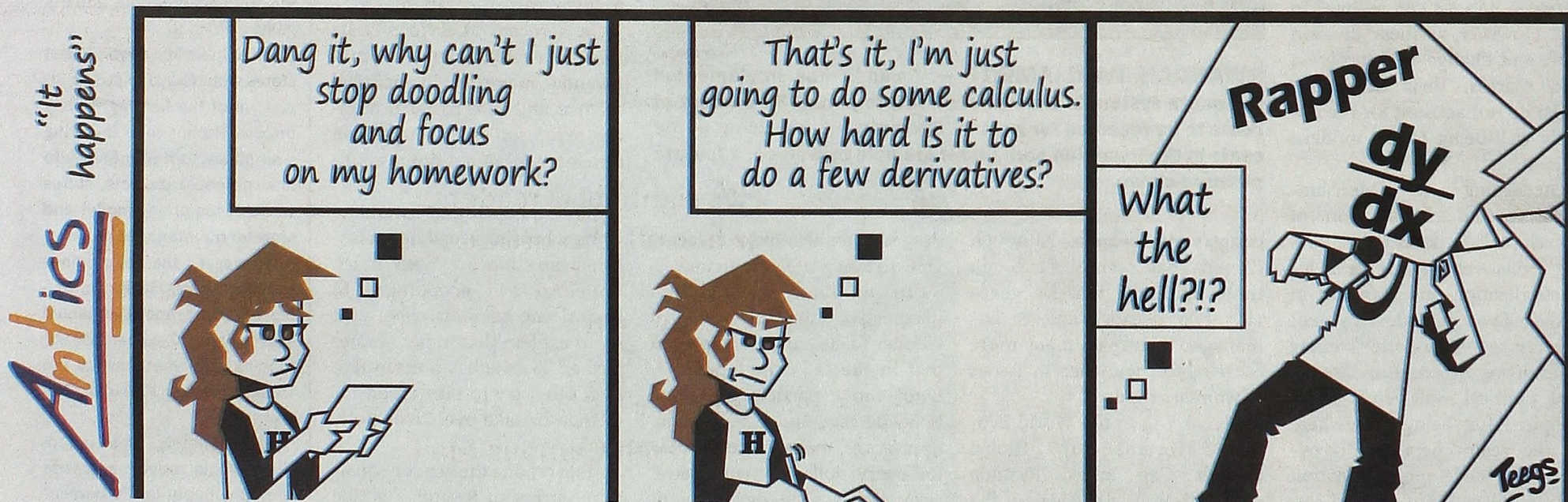
Homework:

Homework is the worst thing that has ever happened to you. Period. It is also "the only way to ensure you graduate." I call baloney. Here's the thing, while you may have fallen behind on not doing homework, it's important to immediately fall behind. Key is, you can always last minute hope that professors will accept a mountain of late work. Here are some tips on how to fall behind:

1. Only do homework on Sundays and always make plans on Sundays. You have all day Sunday right? In fact, treat Sunday as if it is a time-less vortex of free time. That way, you can guiltlessly go to church, lunch, game time, dinner and play euchre till 9 p.m. That last-minute panic is your body thanking you.

2. If you feel you must do your homework, it is imperative you do the following: never turn it in on time. Even if you finish, forget to print it off, or leave it at home. This lets your teacher realize that halfway through the semester, you've entirely given up, so they should just give you that A. Also, never don't forget to cite. You finished that paper! You can cite your sources in the morning no problem.

All I know is, we're all just trying to succeed. And if you are looking for effortless failure, look no further than the tips here. Trust me, I'm an expert.



ANCHOR

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Staying organized:

Three ways to enhance your personal organization



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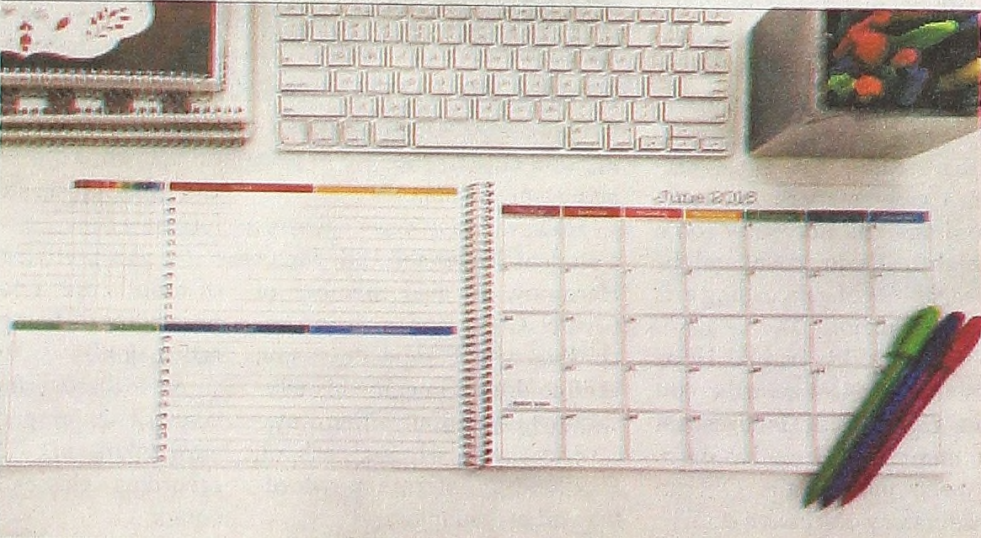
BULLET JOURNAL

Bullet journals are the newest way to creatively keep your life goal-oriented and motivated. These journals' pages have grids that allow for charts, quotes and other various doodles or agendas. These little books are an outlet for creativity and can be whatever you make of them. They can act as a planner, a sketchbook, a journal or all three! They're inexpensive and portable, so you can keep it on hand at all times. Having a bullet journal could revolutionize the way you think and organize. Having a place to track your progress in school or write down goals to keep yourself accountable can be really refreshing. Checklists certainly aren't trivial and goals are not just for New Years.

DESK CALENDAR

Cecilia O'Brien
FEATURES EDITOR

Another way to make your busy schedule a little bit more manageable is keeping a calendar. Planners that take you week by week are great and all, but something about having a full-size, desk calendar is revolutionizing. Being able to have one place to write down all your meetings, classes, social events and varying obligations will keep you on top of your life activities. Get a calendar from Meijer, keep it on your desk, and color-coordinate your classes and upcoming events. I guarantee you won't forget about that meeting you have with your professor on Wednesday at eight or that your friend Carol's birthday is next Saturday night. Seriously, don't underestimate the power of putting those things down in ink or on a calendar that you can look at daily.



ETSY

CLEAN YOUR LIVING SPACE

One of the best ways to keep yourself sane is to have a clean space to live in. If your room is a disaster, it's likely your mind, work and life are, too. Put on 20 minutes of music and wash those dishes, make your bed and finally vacuum the floor. Such little tasks can make a world of difference in your life (and in the life of your roommate). An empty desk is like a clean slate, ready to get things done. Even if you are a frequent procrastinator, at least you'll look and feel like you got something accomplished. Also, feel free to get rid of clutter you don't need. Minimalism can be a breath of fresh air.



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Our Mission: *The Anchor* strives to communicate campus events throughout Hope College and the Holland community. We hope to amplify awareness and promote dialogue through fair, objective journalism and a vibrant Voices section.

Disclaimer: *The Anchor* is a product of student effort and is funded through the Hope College Student Activities Fund. The opinions expressed on the Voices page are solely those of the author and do not represent the views of *The Anchor*. One-year subscriptions to *The Anchor* are available for \$45. *The Anchor* reserves the right to accept or reject any advertising.

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tacks or other editorial considerations. A representative sample will be taken. No anonymous letters will be printed unless discussed with Editor-in-Chief. Please limit letters to 500 words.

Mail letters to *The Anchor* c/o Hope College, drop them off at the Anchor office (located in the Martha Miller Center 151) or e-mail us at anchor@hope.edu by Monday at 5 p.m. to appear in Wednesday's issue.

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Artist of the Month: James Fixx, recording and mixing

Annah Duffey

COPY EDITOR

James Fixx ('18) will be the fourth student at Hope College to complete a recording arts composite major.

Up until the fall of 2015, only one small recording studio existed, in the basement of Dimnent Memorial Chapel.

With the help of many hard-working individuals, including the current director of recording arts, Drew Elliot, a larger studio was set up in the Jack H. Miller Center for Musical Arts, room 134.

That studio has since created a greater space for audio recordings, the necessary room for high-tech equipment and the full capability of a recording arts composite major.

Fixx found his way to Hope from Oberlin, Ohio, with credit to the Great Lakes Colleges Association (GLCA), as his mom has been part of the Oberlin Conservatory of Music's staff.

Prior to his arrival, he reflected, "Seeing the way that the music department worked and that you could be involved in choirs without having to be a music major was a draw, because I didn't think that I would end up



ANNAH DUFFEY

PRAISE FOR LITTLE-KNOWN MAJOR — According to Fixx, "There's the creative, musical side that's very nuanced and artistic, and the technical side, which is really applying the artistic side to the use of gear and software."

being a music major."

However four years later, as a student leader for 12th Street Harmony, an avid member of Chapel Choir and a proud recording arts composite major, Fixx could not imagine his educational journey any other way.

Ever since early high school, Fixx held an interest in recording and producing.

Frequently he would write his own electronic music on Garage Band, which he has since continued in a much more involved fashion. "Scarpainting," his artist name, can be located on Spotify, SoundCloud, Apple Music

and other music streaming platforms.

"It was pretty much by word of mouth that I found out the possibility of being a recording arts major."

After discovering this opportunity, Fixx jumped in immediately, taking all of the music and recording classes he possibly could.

"I like that I do a ton of music and a ton of recording, and that they really do overlap, because everyone in my recording classes is also a musician."

Other students are involved in choir ensembles, band en-

sembles or chapel band. Fixx and his classmates truly radiate passion for their work in every sense of the subject.

Now, as a senior, Fixx has time to reflect on his experiences, while also looking toward the future, as all seniors do.

"I'd say my biggest takeaway is that you will get a lot out of becoming part of a community at Hope...I've met quite literally all of my friends through Chapel Choir. The other thing I would say that kind of goes hand in hand with [community] is: don't stretch yourself too thin. There's a big temptation culturally now

to be a double or triple major and have absolutely no time."

In the future, you would likely run across Fixx in a similar professional atmosphere to the one he cultivates at Hope right now.

"My ultimate goal would be to own and operate my own recording studio and do tracking and mixing there."

To do so, he plans on bouncing between different studios, taking unpaid work and building up a portfolio.

At the end of the day, though, Fixx said, "I'd like to just be involved in recording music and see where that takes me."

Do you have an interest or passion for recording and mixing too? Don't know where to start with your interest?

Fixx commented, "I would say sign up for Recording Arts I...That is the class that will help you figure out if that's something you want to do. It starts you at the very beginning, like how sound works."

As the interview drew to a close, Fixx pointedly added, "Tell your friends that Hope College has a super legit recording situation, because there's a whole lot of people on campus who have no idea about it."

There is your cue: spread the word like a fire mixtape.

Oscars see increasing diversity in presenters and nominees

Sarah Simmons

ARTS EDITOR

For 90 years now, the Oscars has celebrated cinema.

This year it was also a celebration of the growth of diversity and culture in the film industry.

"The greatest thing art does, our industry does, is to erase the lines in the sand - we should continue doing that - when the world tells us to make them deeper," said Guillermo del Toro, this year's winner for Best Director.

Both the presenters and nominees this year were far more diverse than in past years. Daniela Vega was the first openly transgender performer to present at the Oscars, introducing Hope College alumnus Sufjan Stevens ('98).

Jordan Peele became the first Black man to win Best Original Screenplay.

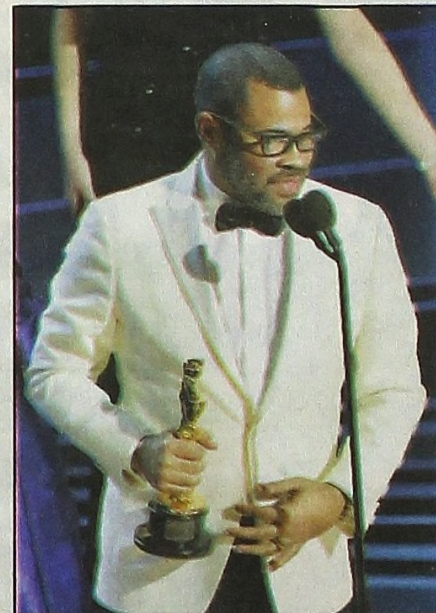
Kristen Anderson-Lopez and Robert Lopez, the Best Original Song winners, mentioned that their category had seen almost 50/50 gender equality in its nominees.

There were also a few multitalented nominees this year. Kobe Bryant has received many awards for his basketball career including the NBA Most Valuable Player award in 2008. Now he also has an Oscar for Best Animated Short.

Mary J. Blige was the first person to be nominated for both Best Original Song and Best Supporting Actress at the same



BBC



VANITY FAIR

INCLUSIVE REPRESENTATION — Both Guillermo del Toro (left) and Jordan Peele (right) were just a few of the nominees that represented a minority at this year's ceremony.

time.

Amidst the talk of inclusion of all races and genders, though, the show was still entertaining. Host Jimmy Kimmel brought in elements of fun in a couple of ways.

During his introductory speech, Kimmel announced that the award winner with the shortest acceptance speech would win a jet ski. It was a running gag throughout the show. Mark Bridges, who won Best Costume Design for "Phantom Thread," earned the prize with his 36 second speech.

Kimmel also wanted to provide the actors with an opportunity to thank moviegoers, but in a far more personal way.

At a theater across the street from where the Oscars were taking place, an unsuspecting audi-

ence was watching a preview of "A Wrinkle in Time." Bringing baskets of movie snacks, and even a couple of hotdog cannons, several of the celebrities followed Kimmel across the street to surprise them.

While the entertainment industry is clearly making headway in inclusion, Best Actress winner Frances McDormand hinted at the need for more action in her acceptance speech. She ended her acceptance speech with two words: "inclusion rider."

A "rider" is any extra stipulation that an actor includes on their contract.

An "inclusion rider" would be a stipulation that diversity both on the screen and in behind-the-camera roles would be necessary in order for an actor to work on

a film.

Here's to hoping for continued progress. In the meantime, here are the winners:

- Best Picture: "The Shape of Water"
- Director: Guillermo del Toro, "The Shape of Water"
- Actor: Gary Oldman, "Darkest Hour"
- Actress: Frances McDormand, "Three Billboards Outside Ebbing, Missouri"
- Supporting Actor: Sam Rockwell, "Three Billboards Outside Ebbing, Missouri"
- Supporting Actress: Allison Janney, "I, Tonya"
- Adapted Screenplay: "Get Out"
- Foreign Language Film: "A Fantastic Woman"

- Animated Feature: "Coco"
- Visual Effects: "Blade Runner 2049"
- Film Editing: "Dunkirk"
- Animated Short: "Dear Basketball"
- Live Action Short: "The Silent Child"
- Documentary Short: "Heaven Is a Traffic Jam on the 405"
- Score: "The Shape of Water"
- Song: "Remember Me" from "Coco"
- Production Design: "The Shape of Water"
- Cinematography: "Blade Runner 2049"
- Costume Design: "Phantom Thread"
- Makeup and Hairstyling: "Darkest Hour"
- Documentary Feature: "Icarus"
- Sound Editing: "Dunkirk"
- Sound Mixing: "Dunkirk"

What to plan last-minute for spring break

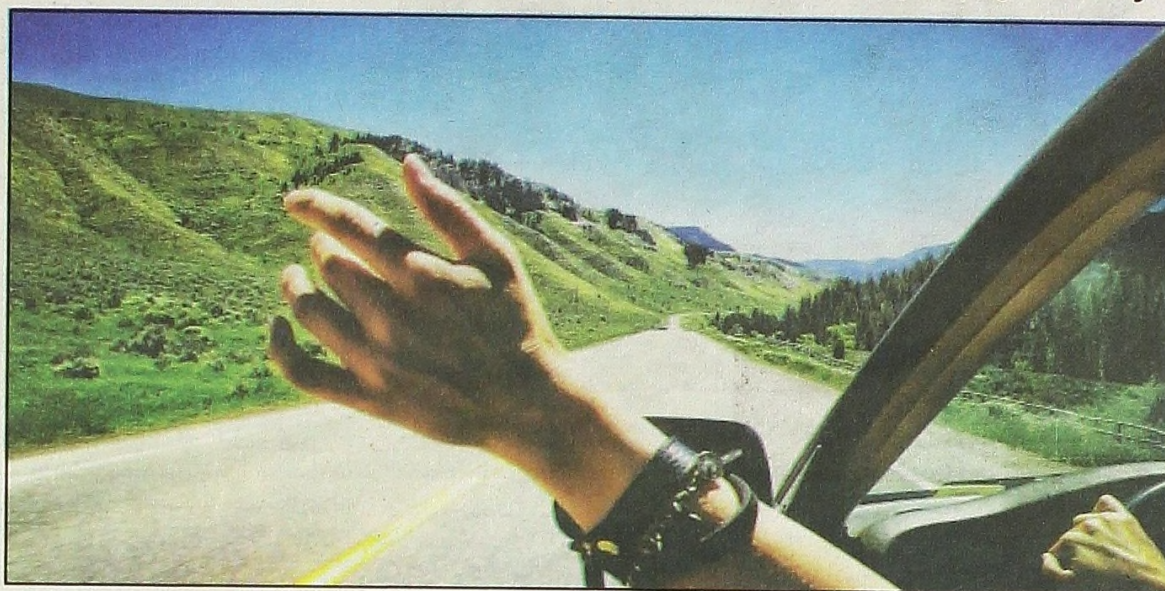
Don't know what to do for a whole week? No problem! There are plenty of ways to spend your time

Isabel Bustamante
LIFESTYLE EDITOR

Spring break is right around the corner and maybe you don't have plans yet. No worries though, because there are plenty of last-minute things you can do. You can even plan a fun staycation with some friends or take time for some self care. Here are some ideas for you to get going on that spring break fun.

Four words: classic American road trip. This is a great option for the last minute. You can basically pack your stuff and go. Use Airbnb to find lodging along the way at a low price and pick some must-see sites along the way. Plus, you have no agenda. Just drive and stop whenever and wherever you please. They are completely underrated but a whole lot of memories.

Along the lines of Airbnb, use it! It can be super cheap to grab a bunch of friends and rent a cool place for the week. Plus, if you can drive there, it



IMPACT 89FM

CLASSIC GETAWAY — Hit the road with some of your friends this spring break. Load up the car, grab some snacks and get out there. There's a whole lot of open road to discover.

won't be too pricey. Another alternative is going to a friend's place to stay the week, or make it an adventure and do some house tours by visiting multiple friends and staying a couple of nights. See the sights around their hometown and have lots of fun sharing your home with

your friends.

What about those of you staying on campus or just going back home for the week? There are plenty of options to make your week memorable. First of all, you have all the time in the world to binge-watch your favorites or the must-sees of

Netflix. Some ideas? For starters, "Peaky Blinders." Definitely not a very "family-friendly" pick, but the plotline is sure to grab your attention with this gypsy gang family set in post-WWI Britain. Lots of blood, drama and twists you probably weren't expecting. "The Crown" is another show

you may have heard someone rave about. It is also set in Britain, but this is post-WWII. Want political intrigue? You've got it. "Atypical" is another one many will tell you is heart-warming. A kid on the spectrum begins his life of dating and navigating the world of women. "Riverdale" is one with lots of scandal and high school love drama. This one is sure to grab your attention. Look some shows up and maybe watch one that's always grabbed your attention in your "highly recommended" list.

Other staycation ideas include anything to treat yourself. Have a home spa day, read a good book, take naps, go for walks in parks, whatever is going to get you feeling reenergized to finish off the school year. Staying home isn't the worst. It can be a great time to catch up on stuff, visit friends at other schools, drive to other states or just do nothing. How often do you get to really just do nothing in college? So maybe it's worth relaxing for a week.

Yoga is taking over, but is the fad for you?

The benefits to the practice and the things that make it not the best option for everyone

Isabel Bustamante
LIFESTYLE EDITOR

Yogis are popping up all over the internet and many people are hopping on the fad of centering themselves and stretching out. So what are the benefits to yoga and is it a good form of an alternative exercise? The first pro of yoga is that it is a good form of stress relief. Yoga is focused on being calm and it's important to take time to do things that intentionally focus on being relaxed. Deep breathing is even proven to reduce stress on

a physiological level.

When we take a deep breath, our heart rate lowers. If you want to test the theory, find your pulse. Take a deep breath while sitting down and notice your heart rate lowering. The same thing happens with your blood pressure.

Likewise, yoga can help with weight loss in some cases. Losing weight with this method is not going to be the typical way to lose weight. Because of the stress-reducing nature of yoga, it can first help with eating habits. We often tend to eat worse and

more because of stress, so when we eliminate more stress in our lives, we can naturally reduce our caloric intake to improve our weight.

Additionally, because yoga classes are typically longer (45+ minutes), our bodies begin to tap into fat metabolism. Because it typically takes at least 45 minutes for us to start using our fat stores, longer duration is necessary to burn fat calories (or doing something of high intensity that burns fat during recovery to refuel). However, in order for us to lose weight from

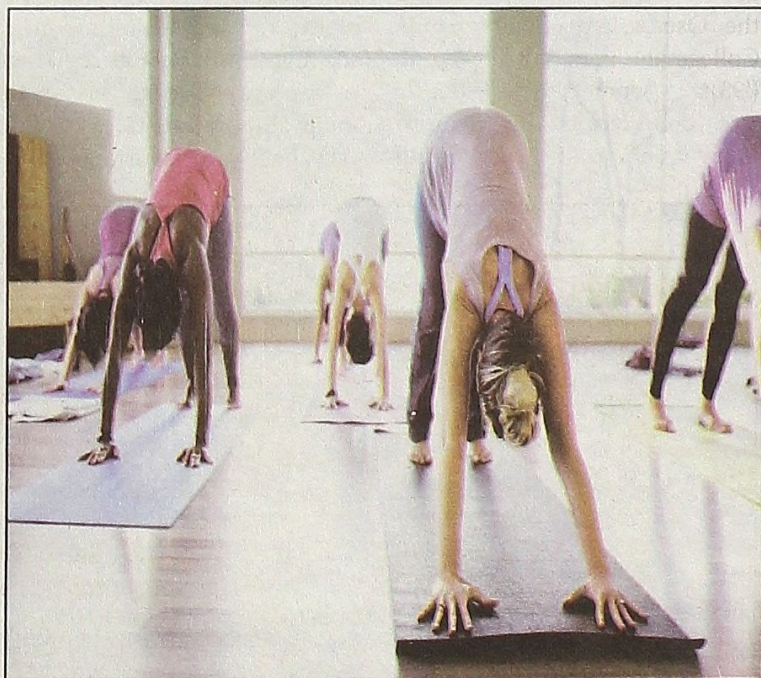
yoga, the class must challenge us enough that we actually need to break into our energy stores. Therefore, challenging yourself to do the poses and hold them is important. Ashtanga, Vinyasa or Power Flow are all good options to push yourself. Or hop in on a hot yoga class and break a real crazy sweat.

However, yoga may not be the perfect fit for everyone, especially for a busy and poor college kid. Yoga studios typically charge a lot for a membership or just drop in fees. Also, you have to learn the basics before you level up in the studio. A good alternative could be using online sources to learn the basics, but you would miss out on the personalized teaching

of an instructor.

Yoga also can be tough to get a really solid workout depending on what type you're doing, so if you're looking to lose weight faster, it could be challenging.

However, there are many good perks to doing yoga, especially mentally. It may be a good idea to try out a class and see if it's something you would enjoy. Don't try out just one class and never go back. Like most things, you may not be "hooked" the first time you try it, so go to a couple of studios for drop-in classes and some variety of styles to see if something suits your style better. There are plenty of places near campus and even on-campus events to keep your eyes peeled for.



NPR

STRETCH IT OUT — Drop in for a class or watch a flow video online to work on flexibility and body strength.

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Hope basketball stands out in NCAA

Megan Grimes
SPORTS INTERN

The Hope men's and women's basketball teams played two tough games over the past weekend as a part of the NCAA tournament. Both teams were victorious in the first round of competition on Friday night, with the men's team beating Augsburg University (Minnesota) 93-91, and the women's team defeating Cornell College (Iowa) 75-50.

The men's first game was a close one, with some significant contributions coming from the underclassmen. Sophomore guard Riley Lewis scored the team high of 23 points, and freshman center Preston Granger finished the game at 21 points, his career high. The score was tied 83-83 with 1:22 remaining on the scoreboard, smashed by Granger's two point dunk, a lead the Flying Dutchmen refused to give up for the rest of the game.

Augsburg missed a heart stopping three point attempt at the last second of the game, securing Hope's win.

The women's first game was not as close, but made up for



LYNNE POWE

WOMEN'S BASKETBALL TEAM CELEBRATES — Senior Madison Geers runs with the team to be congratulated by the many Hope fans.

that with the aggression seen on the court. Junior forward Francesa Buchanan led the team in points and rebounds, scoring a total of 15 points and getting 10 rebounds.

The team fought for every point, remaining calm and working together despite Cornell's uncanny ability to hit their two buzzer-beating half-court shots in the first half of the game.

The Flying Dutch were able to maintain and stretch their lead, ultimately beating Cornell to secure their spot in the next

day's game.

Both teams celebrated their victories, excited to advance to the second round game on Saturday night. The men's team traveled to Illinois to play Augustana College, suffering a loss at 95-83, while the women stayed home to play Washington University in St. Louis.

The men's team's season ending loss means they will be parting with two seniors, Dante Hawkins and Luke Dreyer. Hawkins scored 22 points in the game, also tying his career high record with 121 assists, making

him the sixth all-time Flying Dutchman in career assists with a total of 341. Junior Jason Beckman outscored Hawkins by two for a total of 24 points in the game, the highest scorer on the team. Augustana played tough, beating Hope to move onto sectionals this weekend.

The women's team played at home, defeating Washington University in St. Louis 85-69 to move on to sectionals this weekend, which will be hosted in DeVos Fieldhouse. The team played hard, winning the game with the support of making an impressive 28 out of 32 free throws attempted.

The scoring was led by freshman Kenedy Schoonveld at 25 points, and Buchanan again led in the rebounds, with 11 total for the game.

This weekend, the women's team will be playing in the semifinals against Christopher Newport University, the same team who beat them last year in the 2017 NCAA sectional semifinal with a score of 79-74.

Come out to DeVos Fieldhouse to support the team at 7:30 p.m. on Friday to cheer on another win for Hope!

The beginnings of March Madness

Sarah Neumar
SPORTS EDITOR

The peak of the Division I basketball season has begun and the conference tournaments are underway.

This past weekend, many Hope College students may have celebrated as the University of Michigan Wolverines won the Big Ten Championship tournament, giving them an automatic bid into the NCAA tournament. Michigan defeated the Purdue University Boilermakers on Sunday with a final score of 75-66.

Selection Sunday is this weekend, and 68 teams will make it into the NCAA tournament bracket. Several other teams have already claimed their spot in the tournament by winning their conference championship, including the Lipscomb Bisons from the Atlantic Sun conference, the Radford Highlanders from the Big South

conference, the Loyola-Chicago Ramblers from the Missouri Valley conference and the Murray State Racers from the Ohio Valley conference. Winners of conference championship tournaments get an automatic bid into the NCAA tournament bracket.

There have been a few surprises thus far in the conference championships, with Radford coming out on top as just one example. Anything can happen in these games, and without a secured position, it is uncertain who will be included and with what rank. Only time will tell as fans get ready to cheer on their favorite teams during this exciting month.

According to the AP Top 25 rankings for week 18, three of the top ten teams are from the Big Ten Conference. These teams are close to home for many Hope students.

What's your favorite team?

When asked why their team has the best chance of winning the NCAA tournament, students voiced their opinions:

"Michigan is playing really well and are going to make a deep run in the NCAA tournament." -John Dyke ('20)

"Michigan State has won the Big Ten in the regular season and had very little losses. It's March and Coach Izzo is great in March." -Seth Costello ('20)

"Having a team that goes on a 19-game win streak and still loses the Big Ten regular season and tournament is just typical Purdue. As the third best basketball team in the country, they should have come out with the win." -Peter Timperman ('18)

AP POLL - TOP 10: WEEK 18

1. Virginia
2. Villanova
3. Xavier
4. Michigan State
5. Duke
6. Gonzaga
7. Michigan
8. Cincinnati
9. Kansas
10. Purdue

ESPN



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THIS WEEK IN SPORTS

Thursday
Men's lacrosse
at John Carroll, 4 p.m.

Friday
Men's tennis
Alumni Match, 4 p.m.

Women's basketball
NCAA Tournament vs. Chris. Newport,
7:30 p.m.

Saturday
Softball
at Hanover, 12 p.m.

Men's tennis
vs. Taylor at Depauw, 12 p.m.

Women's lacrosse
at Aquinas, 12 p.m.

Baseball
vs. Hanover at Grand Park, 1 p.m.

Men's lacrosse
at Benedictine, 2:30 p.m.

IN BRIEF

WOMEN'S

TRACK AND FILED

Last Friday, senior Alison Rich set the school track and field record in the indoor pentathlon. She scored a total of 3,085 points in the five event competition, surpassing the past record held by Jan Pearson (2014) at 3,036 points. Rich came in first in the 60 meter hurdles, placed second in the 800 meter run, long jump and shot put, and came in fourth in the high jump.

MEN'S LACROSSE



This past Saturday, Hope's men's lacrosse team traveled to Illinois and defeated Monmouth College in a second-half shutout.

The final score was 12-3, with goals scored by sophomores Max Kuiper, Rocco Mularoni and Andrew Pavey. Sophomore goalie Nick Schanhals also had three saves during the game.

MIAA Players of the Week

Max Kuiper
Sophomore
Men's Lacrosse

Gareth Ulmer
Sophomore
Men's Lacrosse

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